



## Volunteer for Cooking Matters

Share our Strength's Cooking Matters™ is a cooking-based nutrition education program that fights hunger by teaching families how to make healthy food choices on a limited budget.

### Chef Instructors

- 2-3 years professional culinary training or experience working in the food industry
- Leadership and teaching skills a plus
- Comfortable speaking in front of groups and interest in working with low-income individuals from diverse backgrounds
- Commitment to following the goals and objectives of Cooking Matters curriculum and facilitating class discussions on cooking and food safety lessons
- Provide excellent guidance and role modeling for cooking skills and nutrition messages

### Nutrition Educators

- Nutrition training at an accredited institution. Registered Dietitian and/or four-year degree in nutrition, food science, dietetics, or related field preferred. Dietetic interns are encouraged to apply.
- Teach low-income participants basic healthy eating and food budgeting messages, according to the highlighted objectives of each lesson. Messages include: eating from MyPyramid food groups; choosing more fruits, vegetables, and whole grains; planning balanced meals; reading food labels; and making budget-friendly choices at the store.

### Class Assistants

- Assist chef and nutrition educator throughout class as needed with activities, visual aids, and cooking.
- Arrive early to class to help set up, unload, and arrange room. Assist clean up and break down at class close.
- Interest and comfort in working with low-income individuals from diverse backgrounds. Serve as a positive role model for participants in the class.

### Interpreter/Translators

- The individual will serve as an interpreter for volunteer chefs, nutrition educators, and course coordinators during class time **and/or** translate recipes, nutrition education tools, and administrative forms.
- For translators: full fluency in English and 1-2 years experience with one or more other languages. For sign language interpreters: 1-2 years demonstrated proficiency with American Sign Language.

### Class Shoppers

- Shop for class supplies and weekly groceries using specified shopping lists and deliver supplies and groceries to class site no later than 30 minutes prior to the start of class.
- Keep accurate, organized records of money and receipts for reimbursement

### Photo/Video Journalists

- Photographers: provide 10-15 high quality images, per course session, for use in Foodlink and Share Our Strength marketing and communications
- Videographers: produce a 3-5 minute video segment per course series
- Professional photographers or students encouraged to apply
- Interest in visual media and/or background in the arts. Experience with standard and common digital image software and formatting.

**Time commitment (except photo/video): 12-15 hours over the course of 6 weeks, plus 1.5-2 hours training**

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